



MARCH 2015

monthly & special events


Joslyn Adult Center

1301 West Olive, Burbank

818.238.5353

* See 'Best of Times' for more info						☑ Sign-up required	+ Additional fee required
1	SUN	12:30	p.m.	Matinee Dance with Biba +			Every Sunday
2	MON	11:00	a.m.	Keystone Group			1st & 3rd Mon
3	TUE	9:00	a.m.	Blood Pressure Check			1st Tue
		12:30	p.m.	House Committee Meeting			1st Tue
		4:00	p.m.	Simple Wills/Financial POA assistance with Attorney Christopher Johnson ☑			1st Tue
4	WED	9:30	a.m.	Memory Class presented by "Tutor Doctor"			1st & 3rd Wed
		10:00	a.m.	HICAP Medicare Counseling ☑			1st & 2nd Wed
		12:00	noon	Rummy Tile ☑			1st Wed
		12:30	p.m.	Healthy Living Lecture: "Cholesterol" with Dr. Tri D. Dao, Family Practice ☑			Special *
		3:00	p.m.	Greeting Card Class ☑+			1st Wed
		6:00	p.m.	Burbank Coin Group Meeting			1st Wed
5	THU	10:00	a.m.	Braille Low Vision Rehabilitation Van - by appointment only ☑			Varies monthly
		7:00	p.m.	Women & Changes Support Group ☑			1st & 3rd Thu
6	FRI	12:30	p.m.	See our Weekly Flyer for ongoing Friday activities			
7	SAT	10:00	a.m.	Horseshoe Tournament ☑			1st Saturday
8	SUN	12:30	p.m.	Matinee Dance with Biba +			Every Sunday
9	MON	9:00	a.m.	Spring Day Trip Registration (numbers given out at 8:00 a.m.) ☑+			Quarterly
		10:00	a.m.	Joslyn Piano Lounge with Terry (10:00-11:15 a.m.)			2nd Mon
		1:00	p.m.	Larry Gillespie and the Burbank Big Band rehearsal at Joslyn (1:00-3:00 p.m.)			2nd Mon
		2:15	p.m.	Joslyn Afternoon Reader Group ☑			2nd Mon
10	TUE			See our Weekly Flyer for ongoing Tuesday activities			
11	WED	10:00	a.m.	HICAP Medicare Counseling ☑			1st & 2nd Wed
		12:30	p.m.	Parkinson's Support Group Meeting + Dance Exercise with Dennis Cante			2nd Wed *
		12:30	p.m.	Warner Bros. Board Meeting			2nd Wed
		2:00	p.m.	Women's Health: "Brain Wear & Tear" with Dr. Michael Marvi, Neurologist ☑			Special *
		6:00	p.m.	LARC Pistol & Rifle Group Meeting			2nd Wed
12	THU	9:00	a.m.	Bet Tzedek Legal Services ☑			2nd Thu
		10:00	a.m.	Thursday Morning Book Group: March selection: "Plainsong" by Kent Haruf ☑			2nd Thu
		6:00	p.m.	Burbank University Women			2nd Thu
13	FRI	9:00	a.m.	"Bobbin Winders" Quilting Group - 3-day workshop			2nd Fri-Sun
		9:30	a.m.	Healthy Cooking/Eating: "It Ain't Beans" - by Regal/Lakeside Medical Group ☑			2nd Fri *
		12:30	p.m.	Life Care Planning - Healthcare Advance Directive Assistance ☑			2nd Fri
		7:00	p.m.	Western Weavers' Square Dance +			2nd & 4th Fri

SPECIAL MARCH PROGRAMS

Healthy Living: "Cholesterol": Wednesday, March 4,
12:30 pm - with Dr. Tri D. Dao, Family Practice. ☑

Women's Health Education: "Brain Wear & Tear: Cognitive Health": Wednesday, March 11, 2:00 pm - with Dr Michael Marvi, Neurologist: ☑

"What is Assisted Living?": Wednesday, March 18,
12:30 pm - presented by Vintage Senior Living and Belmont Village ☑

"Adventure to Havasupai" (Arizona): Monday, March 23,
1:00 pm - with photographer Doug MacKenzie ☑

☑ RSVP to Front Desk or 818.238.5353



Upcoming Day Trips



➤ **Santa Barbara International Orchid Show**

Saturday, March 14, 8:00 am– 6:30 pm (\$39)

➤ **Descanso Gardens + Lunch**

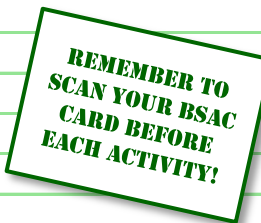
Tuesday, March 17, 10:30 am– 5:00 pm (\$49).

➤ **SD Safari Park**

Wednesday, April 29, 9:00 am– 6:30 pm (\$TBD)

\$2 discount with BSAC card. Pick up a brochure or call the Travel Office at 818.238.5353 for more info.

14	SAT			See our Weekly Flyer for ongoing Saturday activities	
15	SUN	12:30	p.m.	Matinee Dance with Biba +	Every Sunday
16	MON	11:00	a.m.	Keystone Group	1st & 3rd Mon
17	TUE	10:00	a.m.	Joslyn Information Program for New Participants / Happy St. Patrick's Day!	3rd Tue
		10:00	a.m.	HICAP Medicare Counseling <input checked="" type="checkbox"/>	3rd & 4th Tue
		12:30	p.m.	AARP Driver Safety Program - refresher class <input checked="" type="checkbox"/> +	Special
		1:00	p.m.	Men's Group - Pool Room	3rd Tue
		1:30	p.m.	Red Hat Society <input checked="" type="checkbox"/>	3rd Tue
18	WED	9:30	a.m.	Notary Service <input checked="" type="checkbox"/> +	3rd Wed
		9:30	a.m.	Memory Class presented by "Tutor Doctor"	1st & 3rd Wed
		12:30	p.m.	"What is Assisted Living?" by Vintage Senior Living and Belmont Village <input checked="" type="checkbox"/>	Special *
		1:00	p.m.	Ten-Minute Attorney <input checked="" type="checkbox"/>	3rd Wed
19	THU	10:00	a.m.	Diabetes Management Support Group	3rd Thu
		7:00	p.m.	St. Patrick's Day Ballroom Dance with Jon Destry +	Varies monthly
20	FRI			See our Weekly Flyer for ongoing Friday activities	
21	SAT			See our Weekly Flyer for ongoing Saturday activities	
22	SUN	12:30	p.m.	Matinee Dance with Biba +	Every Sunday
23	MON	1:00	p.m.	Adventures with Doug: "Adventure to Havasupai" - Photo slide presentation & talk	Special *
				No Retired Public Employees Association (RPEA) Meeting this month	4th Mon (bi-mo)
24	TUE	10:00	a.m.	HICAP Medicare Counseling <input checked="" type="checkbox"/>	3rd & 4th Tue
		2:30	p.m.	Opera Group: Larry Verdugo of LA Opera Speakers discusses "Madness"	4th Tue
				No Benefits Enrollment Program (returns in April)	4th Tue
25	WED	9:00	a.m.	Hearing Screening & California Telephone Access Program <input checked="" type="checkbox"/>	4th Wed
		11:30	a.m.	Tom McNett Lockheed Retirement Group	Last Wed
		1:00	p.m.	Senior Board Meeting	4th Wed
		3:00	p.m.	Joslyn Jam Session - Join in or listen!	4th Wed
26	THU			See our Weekly Flyer for ongoing Thursday activities	
27	FRI	9:00	a.m.	T-Shirt Painting Class <input checked="" type="checkbox"/> +	Last Fri
		10:00	a.m.	Valley Porcelain Artists Meeting: Nancy Benedetti demonstrates "How to Paint Jewels"	Last Fri
		1:00	p.m.	Alzheimer's and Dementia Caregivers Support Group	4th Fri
		7:00	p.m.	Western Weavers' Square Dance +	2nd & 4th Fri
28	SAT			See our Weekly Flyer for ongoing Saturday activities	
29	SUN	12:30	p.m.	Matinee Dance with Biba +	Every Sunday
30	MON			See our Weekly Flyer for ongoing Monday activities	
31	TUE			See our Weekly Flyer for ongoing Tuesday activities	



* See 'Best of Times' for more info ☒ Sign-up required Fees are generally \$2/session - more if indicated by "+"

JOSLYN LOST & FOUND



Please Notice: Lost and Found items will be displayed on a table in the lobby area for claiming during the **last week of each month**. Items not picked up by their rightful owner will be donated to a charity.

Chair Fitness with Kaye:
Join her for light stretching and exercise -
Thursdays at 2:30 pm



How to Prepare and Look Out for Yourself in an Emergency!

Sign up for this free presentation today!
Presented by Eric Baumgardner of the Burbank Fire Department ☒